



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVE WELL TODAY

## Diabetes Exercise Program

This program is for individuals diagnosed with Type 2 diabetes or for those who are considered pre-diabetic and/or have risk factors for diabetes.

- ❖ Program participants averaged a **5.95% decrease** in HbA1c values.
- ❖ Program participants averaged a **3.19% decrease** in body weight, (~eight pounds).
- ❖ Results for the senior fitness tests showed significant improvement in fitness level for participants:
  - **36.92%** improvement in the 30-second chair stand for assessing lower body strength
  - **37.41%** improvement in the 30-second arm curl for assessing upper body strength
  - **48.18%** improvement in the 2-minute step test for assessing cardiovascular fitness

### TO JOIN:

Participants can be referred by physician or self-referred. Please contact Vicki DiMatteo (208) 344-5502 x 217 [vicki.dimatteo@ymcatvidaho.org](mailto:vicki.dimatteo@ymcatvidaho.org) for information. Now registering participants for class session beginning in April.

### LOCATION:

Y-Healthy Living Center  
419 N. 11<sup>th</sup> Street, Boise

### COST:

\$75.00 member      \$150.00 non-member

## WHAT IS IT?

MoveWell TODAY® is a **12-WEEK FITNESS INTERVENTION** designed to help you manage your diabetes and track changes in your HbA1c levels and fitness parameters.

An **INDIVIDUALIZED EXERCISE PRESCRIPTION** will be established for your resistance training and cardio exercise stations.

Each **CIRCUIT CLASS** includes: a warm-up, 3 cardio conditioning stations, 3 strength training stations, group core conditioning, flexibility training, and cool-down.

A **CERTIFIED INSTRUCTOR** will provide group instruction, supervision and motivation.

**TODAY®**  
Diabetes Exercise Program